



Communicating with Farmers Under Stress Workshop

This workshop is specific to agribusiness professionals and service providers who work with farmers, ranchers, and their families.

When & Where:

April 15, 2019

- Aberdeen
- Sioux Falls
- Pierre
- Rapid City

May 23, 2019

- Lemmon
- Winner
- Watertown
- Mitchell

Cost: \$30

Time: 9:00am-1:00pm MT/
10:00am-2:00pm CT

Lunch Provided

Registration:
extension.sdstate.edu/events

Purpose

Numerous factors may cause stress for farmers. Many farmers face financial problems, price and marketing uncertainties, farm transfer issues, production challenges and more. You may know farmers who struggle with stress, anxiety, depression, burnout, indecision or suicidal thoughts.

You want to help, but maybe are not sure what to say or do. Or maybe you find yourself having to deliver difficult news to farmers. This workshop will help you recognize and respond when you suspect a farmer or farm family member might need help.

Objectives

- Build awareness around potentially stressful conditions affecting some farmers.
- Learn stress triggers, identify signs of stress and review helpful techniques for responding.
- Learn techniques for identifying, approaching and working with farmers who may not cope with stress effectively.
- Learn where to go for additional help.

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